

PE Workout Project

Day One

Cardio: Treadmill, Elliptical, and Bike. (machines)

15 minutes on Bike, 15 minutes on treadmill, and 10 minutes on Elliptical

At all cardio machines aim for a certain heart rate. Look at the maximum heart rate poster, follow the instructions, and aim for the weight management block (for example: our age: 15 weight management: 123-144)

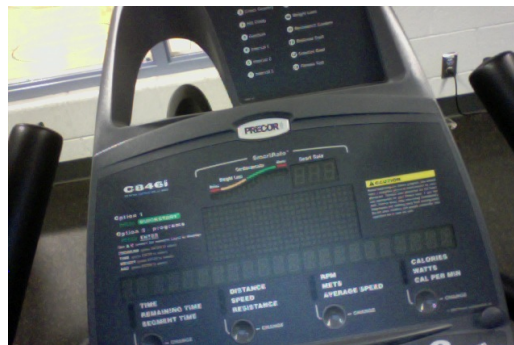
Treadmill



Elliptical



Bike (smaller one)



Day Two

Weight Machine: Gravitron, Vertical Chest, Abdominal, Leg Press, Compound Row, Leg Extension

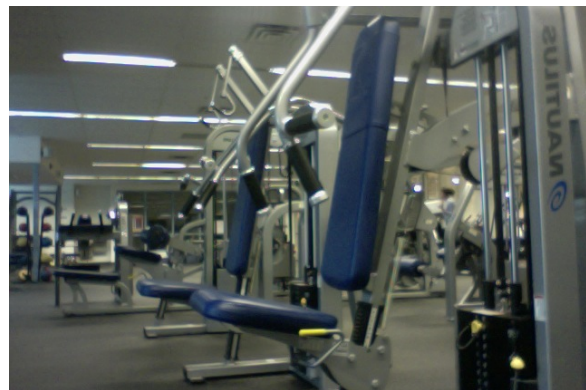
4 sets of 10 reps at each (repeat 2-3 times)

Gravitrone

(30 sec per 10 reps)



Vertical Chest (21 sec per 10 reps)



Abdominal (20 sec per 10 reps)



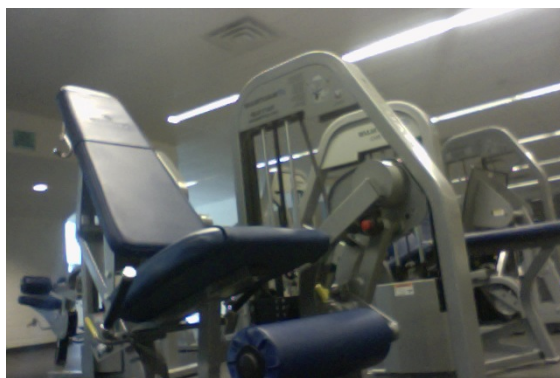
Leg Press (25 sec per 10 reps)



Compound Row (40 sec per 10 reps)



Leg Extension (20 sec per 10 reps)



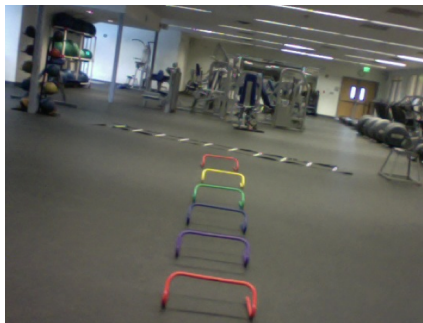
Day Three

Floor: Jump rope, Hurdles, Ladder, Crunches, Wall sits,

Stations: Stay at each for two minutes; go around four times for a total of 40 minutes of work out.

(if necessary take two 5 minute breaks and reduce the number of rotations to 3 times)

Hurdles



Jump Rope



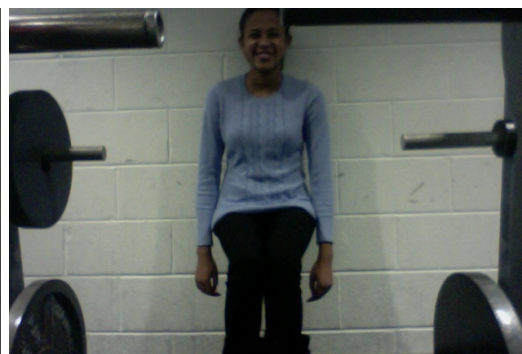
Ladder



Crunches



Wall Sit



Day Four:

Combination: 5 minutes of Cardio (weight lose heart rate) , 5 minutes of machines of your choice (see day 2 for approximately how many reps you should do), and 5 minutes of hurdles, ladders, or jump ropes (or any combination of floor “stations”). Then 25 minutes of yoga. (to end

everything on a more relaxing note)

Hurdles



Yoga: <http://www.youtube.com/watch?v=X0pZUjXGq8w>

(it is not required that you follow this video exercise word for word, but it is recommended)



All we need now are QR codes